



# 31st Marine Expeditionary Unit

## Commander's Corner

JULY 2009



The USS Essex and USS

Tortuga arrived in Cairns, Australia on 28 June and will be in port until the 6th of July conducting a required agricultural quarantine inspection and enjoying some well deserved liberty. The USS Denver is berthed in Townsville, Australia and MEU Marines on board that ship will also conduct an agricultural inspection and liberty until the 6th.

Exercise Talisman Saber will run from 6-27 July in the Shoalwater Bay Training Area near Rockhampton, Australia. Following the exercise, the USS Tortuga will return directly to Okinawa while the USS Essex and USS Denver will proceed to Brisbane, Australia for a port visit from 28-31 July. While in Brisbane, MEU Marines and Sailors will be authorized overnight liberty off the ship so this presents an opportunity for families to meet up with us.

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As always, our schedule could change on a moment's notice due to a contingency within the region and if you plan to come to Australia I encourage you to buy refundable tickets or travel insurance. We will depart Australia on the 1st of August enroute to Okinawa with an arrival scheduled for mid-month.

Semper Fidelis,

Colonel Paul Damren, USMC

### **IMPORTANT DATES**

INDEPENDENCE DAY (U.S.).....	7/4
MARINE DAY (JAPAN).....	7/20
SOLAR ECLIPSE.....	7/22



# *31st Marine Expeditionary Unit*

## *Chaplain's Corner*

### Independence Day:

The Fourth of July is a time to remember and celebrate our nation's independence and birth as a nation. It has to do with our independence from England as a country which taxed us as a people without representation. It also has to do with our First Amendment. Our independence from England also consisted of people having the right to worship in accordance with their own faith tradition. This is exactly the reason the military has chaplains to uphold every service member's First Amendment right to worship in accordance to their particular faith group tradition no matter if in garrison, in the field, or at sea. This is an incredible and special privilege we have as U.S. military members.

Obviously the freedom we enjoy as a nation came at a great cost and sacrifice of life. As a chaplain I am often asked how a loving God could allow war and the loss of such life. I always remind people that we live in a fallen world, darkened by sin and evil because mankind wanted their independence from God. I also remind people of the incredible cost our Heavenly Father paid with the sacrifice of his one and only Son who died in our place in order that whomever would believe in Him would not perish but have everlasting life (John 3:16). In other words, our Heavenly Father through his Son paid the ultimate price, even death on a cross in order that whomever would believe could live a life independent from sin. Therefore, because of this great sacrifice paid by the Son of God any and every person can walk in victory beyond the struggles, skeletons in one's closet, and temptations that can keep us from being men and women of honor, courage and commitment.

Freedom is a wonderful thing but like any good thing if taken to the extreme or we allow the pendulum of freedom to swing too far to one end can have some serious consequences. In other words, freedom cannot be equated with anarchy or freedom from responsibility or accountability especially if we are married with a family. Freedom does not mean being independent or thinking independently from the responsibility or accountability to God, our family, country or Corps. In fact with such freedom that we enjoy comes even great responsibility. We are reminded of such truth in the Word of God. "For you have been called to live a life of freedom – not freedom to satisfy your sinful nature, but freedom to serve one another in love" (New Living Translation).

The freedom to worship our great and mighty God at sea has enabled us as chaplains to have a robust Command Religious Program aboard the USS Essex. We started several new studies while underway, one of which is by Gary Smalley entitled "Hidden Keys to Loving Relationships." I'm happy to say that numerous Marines have attended this study and others have asked to view the series on their own. On Father's Day we had a record attendance of 176 at the various worship services and another 10 at our Christian theme movie night. Growing independent of our Heavenly Father is never a good thing and we appreciate the tremendous and continuous support and all prayers.

Chaplain Bailey



# *31st Marine Expeditionary Unit*

## *Command Element Spouse Social Event Calendar*

### **1. 4th of July Beach Party**

Where: Trash Beach, meet us at one of the pavilions (it is first come first serve, so we don't know which one we will have, but you'll see us ) Rich, the FRO will be arriving early to secure a pavilion for us.

We'll be wearing the Pink MEUette T-shirt.

Time: 11am to 4pm

Info: Hamburgers and Hot Dogs will be provided, please bring a side dish to share as well as your own drinks. Parking is 500 yen, you may want to carpool or you can try to find parking along the street.

Directions: Go out Camp Courtney Housing gate, turn right onto 224. When you come to first crosswalk, take a left and follow the road almost to the end. You will see the beach on the left, parking lot is second entrance on the left. Limited parking along the street.

### **2. Kokeshi Doll Making Party**

When: July 10th Come relax for fun and friendship with the MEU spouses.

Time: 6pm to 9pm

Where: Jackie Studebaker's house. She lives on Camp Courtney in tower #4513 Apt. #507

Info: Jackie will demonstrate how to decorate wooden Kokeshi dolls. Cost is \$10 for materials and we will each get to make one to take home. Please bring an appetizer to share. This is for the spouses only due to the size of the "towers".

\*Please RSVP by June 30th to Jackie at [love-peach6@yahoo.com](mailto:love-peach6@yahoo.com) She will then know how many wooden forms, etc to purchase. FYI this is an easy project so don't worry if you're not crafty!

### **3. Yoshi's Restaurant**

When: July 25th\*\*

Time: 6:00 pm

Where: Past Coco's on 23. Take a left just before you get to the overpass. Yoshi's is on the right side after the Public building on the right. He has Japanese lanterns hanging outside of the restaurant. The parking is just past Yoshi's on the right side. It is clearly marked "Yoshi's Parking"

Info: Come try out one of Okinawa's best Sushi restaurants. They also serve lots of other items besides Sushi, for those of you that have not acquired the taste for it. For those of you who would like to carpool we will meet at the Camp Courtney Bowling parking lot at 5:00 and carpool to Yoshi's.

Please RSVP by July 22 so that we can let Yoshiro know how many of us to expect. Like most of the Japanese restaurants space is limited. He will reserve the back room for us if we give him our RSVP number.

\*\*This is Camp Courtney's Parent's Night Out at the CDC. Hours are from 5pm to 10pm. You can make reservations starting on July 13th at 622-7751. They fill up fast so get your reservation in early.



# *31st Marine Expeditionary Unit*

## *HOT NEWS*

### **TRAFFIC LAWS IN JAPAN**

1. SOFA personnel who pass PMO vehicles on the highway can and will be stopped for excessive speed resulting in an appearance at traffic court with either points against your driving record and or loss of driving privileges.
2. The cameras on the expressway and in the local roads do work and will generate a local ticket with a fine followed by an appearance at traffic court with either points against your driving record and or loss of driving privileges.
3. Driving while talking and holding a cell phone is prohibited on base and out in town; however, a hands free device is legal. The fine is approximately \$100 and is followed by an appearance at traffic court with either points against your driving record and or loss of driving privileges.
4. Ishikawa Police routinely set up speed enforcement sites between Camp Hansen and Camp Courtney and utilize various devices to capture those who exceed the speed limit resulting in a local ticket with a fine followed by an appearance at traffic court with either points against your driving record and or loss of driving privileges.
5. On the expressway between exits 6 and 8 the unmarked speed enforcement vehicles have been doing especially good business with SOFA personnel resulting in a local ticket with a fine followed by an appearance at traffic court with either points against your driving record and or loss of driving privileges.

### ***Total Solar Eclipse of 2009 July 22***

On Wednesday, 2009 July 22, a total eclipse of the Sun is visible from within a narrow corridor that traverses half of Earth. The path of the Moon's umbra shadow begins in India and crosses through Nepal, Bangladesh, Bhutan, Myanmar and China. After leaving mainland Asia, the path crosses Japan's Ryukyu Islands and curves southeast through the Pacific Ocean where the maximum duration of totality reaches 6 min 39 s. A partial eclipse is seen within the much broader path of the Moon's penumbral shadow, which includes most of eastern Asia, Indonesia, and the Pacific Ocean. More information is provided with the link below.

<http://eclipse.gsfc.nasa.gov/SEmono/TSE2009/TSE2009.html>

### **DEPLOYMENT CONTACT NUMBERS**

Family Readiness Officer 080-1794-9631

Family Readiness Hotline 623-9110

#### **INTERNATIONAL DIALING**

Family Readiness Officer 011-81-80-1794-9631

Family Readiness Hotline 011-81-611-723-9110

Deployment E-mail address: [fro@essex.usmc.mil](mailto:fro@essex.usmc.mil)



# *31st Marine Expeditionary Unit*

## *TYPHOON READINESS*

### **Typhoons**

Typhoons are large storms originating in the tropics. Because of our position in the ocean, we are threatened by several typhoons each year. Damaging effects of the typhoon come from high wind speeds, heavy rains, and from high waves. It is easy to protect yourself from Typhoons, but they can be deadly to those who do not take proper precautions.

### ***Tropical Cyclone Conditions of Readiness (TCCOR)***

TCCORs are graduated states of readiness based on the forecast onset of 50 knot (57 mph) winds. TCCORs are set by the 18th Wing Commander for all military installations on Okinawa. **TCCOR declarations are orders: take them seriously!** Conditions may not look bad where you are, but they can change fast, and you can get caught in a violent storm without warning.

TCCORs are passed over AFN radio and television systems. Look for "TC (X)" in the corners of the screen while watching AFN. The following are the TCCOR Actions:

- *All Clear*: No tropical storms are threatening Kadena
  - Exists from the end of November to the first of June every year unless a storm moves into the area.
  - Keep your disaster supply kit together and rotate canned goods and water as needed.
- *TCCOR 4 (TC 4)*: A storm could cause destructive winds of 50 knots (57 mph) or greater within 72 hours.
  - Okinawa remains in TC 4 from 1 June to 30 November.
  - Keep preparatory actions up to date and ensure you and your family know what to do if we go to higher TCCORs.
- *TCCOR 3 (TC 3)*: A storm is in the area and is forecast to cause destructive winds within the next 48 hours. Take the following preparatory actions:
  - Inventory your emergency supplies.
    - Replace expired or used items.
    - Ensure you have adequate water for yourself and your family.
    - Check your flashlights and batteries and ensure everything works.
    - Make sure your gas tanks (car and house) are full.
  - Secure the larger, more difficult items in your yard.
    - Children's play sets
    - Trampolines
    - Kiddie Pools





# *31st Marine Expeditionary Unit*

## *TYPHOON READINESS*

- ☐ Picnic tables
- ☐ Gas Grills
- ☐ Trash Cans and Recycle Bins
- ☐ Lawnmowers
- Monitor the storm's progress
  - ☐ Be prepared to finish your storm preparations quickly.
  - ☐ The storm could intensify or increase its movement quickly, pushing the island into a lower TCCOR than previously forecasted.
- TCCOR 2 (TC 2): A storm is approaching the island and is forecast to cause destructive winds within the next 24 hours. Take the following preparatory actions:
  - Ensure all preparatory actions for TCCOR 3 are complete.
  - Secure any loose items in your yard.
    - ☐ Lawn Decorations
    - ☐ Flower pots
    - ☐ Anything that can cause debris.
  - Withdraw emergency cash you will need *before* the storm. If electricity is down, cash machines will not work after the storm.
- TCCOR 1 (TC 1): A storm is approaching the island and is forecast to cause destructive winds within the next 12 hours. Take the following preparatory actions:
  - Ensure all preparatory actions for TCCOR 3 & 2 are complete.
  - Fill water containers for fire fighting, sanitation, and drinking as needed.
    - ☐ Two quarts per person per day for drinking.
    - ☐ A gallon per person per day is a good amount to keep on hand for sanitation.
  - Turn the temperature of you refrigerator/freezer to the coolest point and minimize the amount you open and close it. If power goes off, perishable foods will keep longer if they start at colder temperatures.
  - Have a plan for your children. DoDDS will not hold class; however, teachers and staff still report for work.
  - DO NOT TAPE WINDOWS OF ON-BASE QUARTERS! The windows are typhoon proof and are covered with a plastic film that is easily damaged by tape.



# *31st Marine Expeditionary Unit*

## *TYPHOON READINESS*

- Contact your unit if you're not confident of your off-base quarters' ability to stand up to the storm. If you don't feel secure, ask your supervisor, first sergeant, or commander to help you find suitable shelter on base.
- **TCCOR 1 Caution (TC 1C):** Hazardous winds will likely occur within the next 12 hours, and winds of 34 - 49 knots (including gusts) are occurring. Non-essential functions close and personnel are released. Take the following actions:
  - Secure all doors and windows in your home and workplace if not already done.
  - **All personnel must stay inside** until the 18th Wing Commander declares Storm Watch, or a lower TCCOR. (Note: This applies to all SOFA status personnel and their dependants, whether they live on base or off base. Personnel are to stay inside during TC-1C, TC-1E and TC-R.) Rapidly changing storm patterns could cause the island to move into TC 1 Emergency before previously forecast.
  - Non-essential functions include, but aren't limited to:
    - All AAFES
    - MWR (MCCS) facilities, including child care facilities
    - Commissaries
    - USO
    - AMC Terminal
    - DoDDS functions
    - Child development centers.
- **TCCOR 1 Emergency (TC 1E):** 50 knot or greater winds and other dangerous conditions are present. **All personnel must stay inside** until the 18th Wing Commander declares Storm Watch, or a lower TCCOR.
  - Keep your emergency supplies handy. Your battery-powered radio and flashlights will be needed immediately if power goes out.
  - **STAY INSIDE!!!** Continue monitoring the storm's progress and be prepared to remain in quarters for the duration of the storm. The storm could intensify or decrease its movement, subjecting the island to dangerous conditions longer than previously forecast.
- **TCCOR 1 Recovery (TC 1R):** Winds have decreased below 50 knots but life threatening hazards may be present on base.
  - Only personnel issued a Mission Essential Typhoon Passes are allowed outside of their quarters on the condition of performing mission essential tasks.
  - Non-essential functions remain closed



# ***31st Marine Expeditionary Unit***

## ***TYPHOON READINESS***

- Continue to monitor storm's progress
- **STORM WATCH:** Life threatening hazards have been isolated or corrected, but damage may still exist. The base may still be experiencing some storm-related effects.
  - AAFES and Commissary facilities reopen after completing their damage assessment unless the Wing Commander directs otherwise.
  - DoDD Schools remain closed to students, but teachers and staff report to work during normal duty hours.
  - All military personnel and civilian employees report to work within 2 hours of the Storm Watch declaration, at their normal duty hours, or as directed by their commanders.
  - Continue monitoring the storm's progress. The storm could return quickly, pushing the island back into TC 1, TC 1 Caution, or even TC 1 Emergency.

### ***Things to have on hand for a Typhoon***

- Four day supply of food and water (bottled water, canned food, and other non-perishable items)
- Hammer and nails for quick repairs
- Blankets, tarps, plastic, and heavy cardboard to cover broken windows
- Mops and towels to absorb water leaks
- Flashlights with extra batteries, candles, matches and a waterproof lighter
- Battery operated portable radio and extra batteries
- Pet Food
- Charcoal – in extended power loss, you may have to barbecue the contents of your freezer
- First Aid Kit
- Canned fuel (Sterno)
- Children's supplies: diapers and formula





# *31st Marine Expeditionary Unit*

## *TYPHOON READINESS*

### **Individual Recovery Actions For After Any Natural Disaster**

Following any disaster, there are certain things to do to ensure your continued health and safety. Here's a list of items to consider.

- *Hunt For hazards*
  - Broken power, water, phone, gas, and sewer lines.
  - Fires
  - Hazardous materials
  - Building damage
  - Injured people
- *Help each other out*
  - First aid for the injured.
  - Comforting one another.
  - Sharing
- *Check your emergency supplies and resupply.* Salvage what you can.
- *Listen to the Radio:* AFN will be the fastest, most reliable source of emergency information available and will broadcast it as soon as they get it. If shelters are opened, they'll broadcast the information as soon as the shelters are ready.
- *Stay Off the Streets:* Emergency vehicles need what little room will be available to move.
- *Be Patient:* Base officials will be dealing with problems all over the base and will do their best to provide help first to those who need it most. If you've reported your situation to your unit and the CE Control Center, rest assured your problems will get the attention they deserve when the time comes. In the meantime, work with the people in your neighborhood or at your shelter to make things better.



# 31st Marine Expeditionary Unit

## On-Island Tours

MCCS Entertainment presents:

Gary Sinise and the Lieutenant Dan Band appearing live, July 2 at the Camp Foster Community Center. Doors open at 7 p.m. with the show kicking off at 8 p.m. Limited Seating. Open to all ranks and ages.

### ICE SKATING TOUR

Sunday July 19th 5:30pm - 9:30pm  
Adults \$23; Children(13-17) \$21; (7-12) \$19; (3-6) \$15; (0-2) \$5

More than just an ice skating rink, Southern Hill offers batting cages, a bowling alley, video games, and more. Bring yen for food and activities. Gloves are required for skating.

MCCS TOURS + 646-3502

### KERAMA ISLAND SNORKELING

Saturday July 18th 8a.m. - 5p.m.  
Ad \$78/ Ch(4-11) \$45

Grab your fins and get ready for some fun! Tour includes transportation to port, boat ride to two snorkeling spot, and tour guide. Please bring your own lunch, hydration, snorkeling set, and wetsuit (if you desired). Snorkel gear will be available for rent

Call MCCS Tours + 646-3502

### SWEET AND SALTY TOUR

Saturday July 11th 9 am to 2 pm

Price: Adults \$18, Children \$11 (3-11), \$5 (0-2)

See the processes behind two of Okinawa's traditional trades! First we will visit a Sugar Cane factory and learn how Okinawa's healthy brown sugar is made. Then it is on to a Sea Salt refinery to find out what goes into producing salt. Bring yen for lunch and purchases. MCCS TOURS + 646-3502

### OKINAWA WORLD

Tour Gyokusendo Cave, and then enjoy an eisa drum show, a glass-blowing center, a pottery village, and awamori shop. Also, tour the reptile museum for an additional Y600. Park entrance fee is included in the tour price. Bring yen for lunch and spending.

Sunday July 12th 9am - 3pm

Adults \$29; Children(3-11) \$16; Children(0-2) \$5

TOURS + 646-3502

### FARM AND FISH MARKET

Sat July 27th 9:00 - 13:30

Adults \$18; Children(3-11) \$11; Children(0-2) \$5

The best food is what is grown closest to you! Explore and shop the freshest foods available on Okinawa at the JA Farmers Market and the Vege Vege store. Next stop is the Mini Mini Doubutsuen where you can get eggs so fresh they might still be warm! The last stop will be the Payao Fish Market where you can buy a variety of fresh seafood and enjoy a delicious lunch. Bring yen for lunch and shopping.

Call MCCS Tours + 646-3502

### FOREST ADVENTURE PARK

Sunday July 5th 9am - 3pm

Ad \$49, Ch (7-17) \$34

Okinawa's newest thrilling athletic park, the Forest Adventure Park. Test your courage on the Zip Slide ride, the Amazon Rope Bridge, the Tibetan Bridge, or any other of the exciting courses. Children must be at least 6 years of age and 55 inches in height. No persons over 285lb are allowed on the courses. Bring yen for lunch (Y1030) and spending. [www.forest-adventure-onna.jp](http://www.forest-adventure-onna.jp)

Call MCCS Tours + 646-3502



# 31st Marine Expeditionary Unit Special's

Now extending to the  
Southern Camps!

## Band of Spouses Roundtable

Empowering our Families to Become Spartan Strong!  
Facilitated by seasoned spouses who have  
experienced the stress of military life!



Third Wednesday of every month  
Time: 1830-1930  
MCAS Futenma Chapel Fisherman's Cove  
ALL spouses are welcome  
Point of Contact: Samantha Cook  
Phone: 636-2115  
Samantha.r.cook@usmc.mil



First Wednesday morning of every month Spouses Roundtable is  
also held at the Camp Courtney Division Family Readiness Center  
from 0900-1000. For more information contact Denise Loftesnes at  
622-9135 denise.loftesnes@usmc.mil



FOR IMMEDIATE RELEASE  
June 24, 2009

Contacts:  
USO: Tiane Harrison, (703) 908-6433  
tharrison@uso.org  
IPEVO: Melanie Wehrman, (408) 573-3665  
ipevo@lewispr.com

### New Technology Connects Military Families in the Pacific IPEVO Donates VoIP Phones to 18 USO Centers in Region

ARLINGTON, Va. – More than 890,000 troops and their families visiting any of the 18 USO centers in the Pacific Region will now be able to connect with their loved ones around the world for free. IPEVO, a designer and manufacturer of Internet-based devices, is donating its S0-10 Skype Desktop Phone and S0-20 Wi-Fi Phone for Skype devices to the USO. This will allow military families to connect with friends and family around the world for free.

"A simple phone call from a loved one makes a world of difference in the day of a deployed service member," said Tom Kolstad, vice president, USO Operations Pacific. "We appreciate this generous donation from IPEVO, and are excited to be able to provide the latest technology to help keep our men and women in uniform connected with their families."

"With the number of military personnel around the world, we understand the importance of being able to hear the voice of a loved one," said Royce Hong, CEO of IPEVO. "We jumped at the opportunity to give back and provide our troops with products that will improve their quality of life while serving our country."

Phones provided by IPEVO will be available at USO centers on Guam and at Hickam Air Force Base and Honolulu International Airport, Hawaii; Camp Fuji, Camp Hansen, Camp Schwab, Kadena Air Base and AMC Terminal, MCAS Futenma, Sasebo Nimitz Park and Fleet Landing and Yokosuka, Japan; and Camp Casey, Camp Humphreys, Camp Kim, Incheon International Airport, Moyer Recreation Center and Osan Air Base AMC Terminal, Korea. For more information on USO operations in the Pacific Region, visit [www.uso.org/pacific](http://www.uso.org/pacific).

###

## The F·O·C·U·S Project...

...provides resiliency training for military families facing the challenges of a family member's deployment during wartime.

Multiple deployments affect both the service member and the family as routines and roles are disrupted. Children may experience stress related to a parent's role in the Global War on Terror and the impact of Combat Operational Stress on family life.

**FOCUS** uses family training techniques to highlight areas of strength and resilience in the family and promote family growth to help address current challenges.

**FOCUS** provides structured activities to bridge gaps in shared family understanding that may follow stressful experiences and separations.

In both group and individual family service settings, family members are taught skills to improve emotional regulation, problem solving, goal setting and communication.



### The FOCUS Project

The growing awareness of the significant challenges of wartime deployments on military child and family well-being has prompted a new initiative funded by the Bureau of Medicine and Surgery of the Department of the Navy. Addressing concerns related to parental combat operational stress injuries and combat-related physical injuries, state-of-the-art family resiliency services will be provided to military children and families. FOCUS was developed by the UCLA Center for Community Health and the National Center for Child Traumatic Stress.

### Project Goals

**ASSIST** family members to address deployment stress and reminders to minimize their interference with parenting and family life.

**PROVIDE** community level consultation and group skill building designed to support family resiliency.

**ENHANCE** family communication and support by developing a shared family narrative about the deployment experiences.

### How To Contact Us

FOCUS Headquarters  
UCLA Semel Institute  
Los Angeles, CA 90024  
Info@focusproject.org

P  
F

Please contact the FOCUS team for more information via phone or email. We look forward to talking with you.



United States Marine Corps

F·O·C·U·S

[www.focusproject.org](http://www.focusproject.org)

**LINKS 4 KIDS**

**FREE**  
July 30, 1-5 p.m.  
Globe & Anchor  
Camp Foster

Kids (8-12) can connect with other kids by sharing stories and discovering fun and positive ways of dealing with the challenges of growing up in the military. There will be crafts, games, discussions, tasty snacks, and more!

CALL MCFTB TODAY TO REGISTER AT 645-3698

Logos: MCFTB, AAFES, and others.





# 31st Marine Expeditionary Unit

## Extras

### Welcome Aboard

LTCOL MONTI                      MSGT PERRY  
LCPL COOK                        LCPL BARHAM  
PFC WAGNER

### MARINE JARGON

CLR- **C**ombat **L**ogistics **R**egiment  
CLB- **C**ombat **L**ogistics **B**attalion  
AOR- **A**rea **o**f **R**esponsibility  
SCUTTLEBUTT- Gossip  
POLLYWOG- Never crossed the equator aboard a Naval Vessel  
SHELLBACK- Has crossed the equator aboard a Naval Vessel

### IMPORTANT PHONE DIRECTORY

Officer of the Day	623-9110
Family Readiness Officer	623-4990
Personal Service Center (Courtney)	622-7332
Counseling & Advocacy	645-2915
Substance Abuse Counseling	645-3009
Child Youth Teen Program (CYTP/CDC )	645-4117
Overseas WIC Program	645-9302
American Red Cross	645-3800

### JUNE PROMOTIONS

**SSgt Kennedy    SSgt Lee**  
**Sgt Yenter        Sgt Kanemori**  
**Sgt Ermatinger   Sgt Amick**  
**Cpl Rodriguez    Cpl Hotaling**  
**LCpl Noble        LCpl Graddy**  
**Congratulations !!**

### ON BASE PREFIX

622 (954)	To dial on base from a off base number is easy. No need to call the operator, just replace the prefix with the corresponding off-base access number. For example. 623-4990 would be 969-4990.
623 (969)	
645 (970)	
646 (971)	
634 (961)	
632 (962)	
633 (959)	

Romano's Macaroni Grill your dining here will be a unique and enjoyable authentic Italian experience.

[DOWNLOAD OUR MENU](#)

**ROMANO'S**  
**Macaroni**  
**GRILL**

CAMP FOSTER  
OPEN DAILY: 11:00 - 22:00  
SAT-SUN (HOL): 08:00 - 10:00  
PHONE: 645-1246 • TOGO: 645-1242

### *New Arrivals*

GySgt Johnson and his wife Veronica  
Daughter Cailyn 6lbs 7oz., 20 1/4 in., born on 21  
June 2009



# 31st Marine Expeditionary Unit

## Classes

### FLOWER ARRANGEMENT (IKEBANA)

10 July 1130-1300

1000 yen fee for cost of materials

FOSTER PSC 645-2104

Drop-in Child Care Provided

### SURVIVAL JAPANESE CLASS

17 JULY 1130-1230

FUTENMA ED CTR

Drop-in childcare provided

### ORIGAMI CLASS

13 July 0900-1000 Foster PSC

23 July 0900-1000 Courtney PSC

24 July 0900-1000 Kinser PSC

CALL 645-3689

### 1ST TIME HOME BUYING WORKSHOP

14 July 1130-1300 Foster PSC

### L.I.N.K.S. 4 KIDS

30 JULY 1300-1700

GLOBE & ANCHOR

### IMPORTANT PHONE DIRECTORY

Foster PSC	645-2104
Kinser PSC	637-2815
Hansen PSC	623-4522/4860
Schwab PSC	625-2622/2646

### LIBRARIES

Foster	645-7178	Hansen	623-7372
Courtney	622-9280	Kinser	637-1039
Futenma	636-3946	Schwab	625-2518

### Coupon Program

On a weekly basis, MCCS receives literally thousands of coupons through the mail from independent organizations stateside who care about the military community and support their popular Coupon Program. Stop by any PSC to pickup a package, the coupons can be used up to 6 months after the expiration date!

### Support Group for Spouses of deployed Service Members

Educational support group for spouses of deployed service members which helps spouses develop new friendships, relieve stress, learn to cope with deployment and enjoy Okinawa.

Wednesdays, 1000-1200

Call 645-2915 to register

### JAPANESE SPOUSE ORIENTATION (JSO)

JN OPEN FORUM	1 JULY 0900-1100	FOSTER, BLDG 5677
JSO (COMMISSARY)	15 JULY 0830-1000	FOSTER COMMISSARY
JSO (WIC, BIRTH REG)	22 JULY 0900-1200	FOSTER BLDG 5677
JSO (LEGAL, C&A, PSC)	22 JULY 1300-1600	FOSTER BLDG 5677

Call Marine Corps Family Team Building at 645-3689.



# *31st Marine Expeditionary Unit*

## *On-Line Resources*

[www.marines.mil/units/marforpac/iiimef/31stmeu/Pages/default.aspx](http://www.marines.mil/units/marforpac/iiimef/31stmeu/Pages/default.aspx)

This is the official 31st MEU website! Save this link to your "Favorites" on your computer. The website is updated frequently to keep you informed on what your Marine or Sailor is doing at work.

[www.mccsokinawa.com](http://www.mccsokinawa.com)

This site offers a ton of information about what is being offered on all Marine Corps bases on the island. The site has links and information for over 80 MCCS programs offered on Okinawa.

[www.kadenaservices.com](http://www.kadenaservices.com)

Provides information about activities and services the Air Force offers to all military members and their families here on Okinawa. It also contains links to Army MWR events on Torii Station and Okuma's online reservation page. Click on PETS to get links to the Vet Clinics and Karing Kennels.

[www.japanupdate.com](http://www.japanupdate.com)

Provides updates on what's going on Okinawa.

[www.okinawahai.com](http://www.okinawahai.com)

This website is designed by military spouses for military spouses on Okinawa.

[www.mcbbutler.usmc.mil](http://www.mcbbutler.usmc.mil)

Provides valuable information on policies and procedures that apply directly to all residents stationed on Marine Corps bases Japan.

[www.okinawa.pac.dodea.edu](http://www.okinawa.pac.dodea.edu)

This site can answer any question you might have pertaining to the on-base school system on Okinawa

[www.aafes.com/ems/pac/okinawa.htm](http://www.aafes.com/ems/pac/okinawa.htm)

This site is your resource for all AAFES movie theater schedules

[www.okinawayardsales.com](http://www.okinawayardsales.com)

Great site to buy used items and sell your unwanted items.

[www.uso.org/usoonpatrol/index.html](http://www.uso.org/usoonpatrol/index.html)

USO on-line magazine